

Activity Schedule Pull-Out



September - December 2010

Potomac Eagle Train Trip



Page 23 for details

Register by September 3!



Photographs source: <http://www.potomaceagle.info>

Registration is EASY!!!

see page 24 - 25



Fall Schedule

ARTS & CRAFTS



ART FOR KIDS AND...

Ages 5-18, 6wks
Classes include drawing, painting and collage/mixed media. Students learn about the materials and tools, planning a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Students will also learn basic drawing skills such as composition, proportion, placement and shading. Class assignments are age appropriate and are geared to help the individual child express his/her own creative ideas at their level of artistic ability. No class 11/25. Supply list available online or at the P&R office.

Instructor: The Creative Side, Inc.

Location TBA

Register By: 9/3;10/15; 12/3

Th 9/9-10/14 \$97

Ages 5-10 5:15p-6:00p #4610.0474

Ages 11-18 6:15p-7:00p #4610.0475

Th 10/21-12/2 \$97

Ages 5-10 5:15p-6:00p #4610.0476

Ages 11-18 6:15p-7:00p #4610.0478

Th 12/9-1/27 \$97

Ages 5-10 5:15p-6:00p #4610.0479

Ages 11-18 6:15p-7:00p #4610.0480

...FOR HOME SCHOOL

Th 9/9-10/14 \$97

Ages 5-10 1:45p-2:30p #4610.0481

Ages 11-18 2:45p-3:30p #4610.0482

Th 10/21-12/2 \$97

Ages 5-10 1:45p-2:30p #4610.0590

Ages 11-18 2:45p-3:30p #4610.0591

Th 12/9-1/27 \$97

Ages 5-10 1:45p-2:30p #4610.0592

Ages 11-18 2:45p-3:30p #4610.0593

New Cake Decorating Classes.
Check online for details.

DANCE

BALLET/TAP COMBO

Ages 6-12, 6wks

For those that are just getting started, come out and learn both ballet and tap dancing in one class! Ballet & Tap shoes optional. No class 11/25.

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 9/10; 10/29

Ages 6-7 Th 6:00p-7:00p \$55

9/16-10/21 #4611.0134

11/4-12/16 #4611.0149

Ages 8-12 Th 4:00p-5:00p \$55

9/16-10/21 #4611.0456

11/4-12/16 #4611.0594



BELLY DANCE

Ages 8-Adults, 6wks

Come and learn the beautiful art of belly dance! A great way to have fun while exercising! Ages 8-15 must be accompanied by a registered adult. No class 11/2, 11/23

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 9/8

Tu 6:00p-7:00p \$55

9/14-10/19 #4611.0603

10/26-12/14 #4611.0604



Letters From Santa

Make an unforgettable memory for someone special! Arrange for them to receive a letter directly from Santa's desk in the North Pole.

\$5 per letter Deadline to submit request: Nov. 5

Use special request form available online, in the P&R office, or phone us and we will fax it to you.



SWING, SWING, SWING!

Ages 9-Adult, 6wks

Learn the basics of the lindy hop swing dancing! Students will learn different rhythms in the basic step as well as some beginner to intermediate moves. It's a great way to have fun while you exercise! No class 11/2, 11/23, 11/24.

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 9/8; 10/21

Ages 9-13 Tu 5:00p-6:00p \$55

9/14-10/19 #4611.0598

10/26-12/14 #4611.0599

Ages 13-18 W 5:00p-6:00p \$55

9/15-10/20 #4611.0600

10/27-12/8 #4611.0652

Ages 18-Adult W 6:00p-7:00p \$55

9/15-10/20 #4611.0601

10/27-12/8 #4611.0602



BALLROOM SAMPLER

Ages 9-Adult, 12wks

Learn the basics of 6 ballroom dances. Students will learn simple figures in each of 6 dances: Waltz, Foxtrot, Tango, Cha Cha, Rumba, and Mambo. Once you've mastered these dances you can dance to almost anything! No class 11/2, 11/23, 11/24. 10% discount for couples

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 9/8

Tu 9/14-12/14 \$109

Ages 9-13 4:00p-5:00p #4611.0595

Ages 18+ 7:00p-8:00p #4611.0596

W 9/15-12/8 4:00p-5:00p \$109

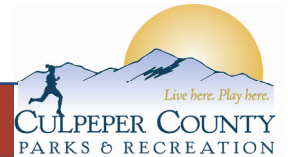
Ages 13-18 #4611.0597

More detailed activity descriptions are available online at
www.CulpeperRecreation.com

Registration is EASY!!!

see page 24 - 25

Fall Schedule



INTRO TO COUNTRY LINE DANCING

Ages 13-adult, 6wks

Join veteran dance instructor Maggie Corradi and her husband, John, for an enjoyable evening of boot-scootin' fun! Maggie and John's infectious enthusiasm for line dancing will put a smile on your face and a hitch in your git-a-long. No experience necessary, just pull on your jeans and your boots, and leave your cares behind. No class 11/1

Instructors: Maggie & John Corradi

Culpeper Middle School, Cafeteria

Register by: 9/23 #4611.0467

M 9/27-11/8 7:00p-8:00p \$35

COUNTRY LINE DANCING II

Ages 13-adult, 6wks

The response to the introductory course was so great that we are going to offer another course, with more fun Country & Western songs and dances. If you missed out on that introductory course, no worries, 'cause there will be just enough review to bring a motivated student quickly up to speed. So pull on your boots & jeans and leave your cares behind - we're goin' boot scootin'!

Instructors: Maggie & John Corradi

Culpeper Middle School, Cafeteria

Register by: 9/23 #4611.0239

W 9/29-11/3 7:00p-8:00p \$35

MASSANUTTEN SKI PACKAGES

The Department will again this year be selling **discounted packages** for skiing / snowboarding at **Massanutten**. We will not receive specific details until November. Please wait until after November 12 to call. Information will be online and in the local papers as soon as we receive details.

HEALTH & FITNESS

TAI CHI

Ages 16-adult, 4wks

Tai Chi is a gentle, flowing, meditative-style of exercise that produces greater energy and ease for the body, mind and spirit. This wonderful, healthy exercise is appropriate for both men and women.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 3:30p-4:30p \$35

9/15-10/6 *Register By:* 9/9 #4512.0359

10/20-11/10 *Register By:* 10/14 #4512.0358

12/1-12/22 *Register By:* 11/18 #4512.0470

LEISURE LEARNING



BEGINNING ANIMAL TRACKING

Ages 16-adult, 1day

Ever wonder what animal made that muddy print on your driveway, sidewalk, or left a footprint in your garden? You just may find out in this class! Join Ron Hughes, wildlife biologist, and explore the primitive art and skill of animal tracking. You'll discuss what tracking is, what tracks are, where to look for tracks, and learn how to identify many of our local mammals. Later on you'll practice tracking in a "tracking box" for a while then venture out to explore the nearby landscape to track animals.

Instructor: Ron Hughes, Naturalist

Location: Lenn Park, Stevensburg Rd

Su 1:00p-5:00p \$35

11/7 *Register By:* 11/2 #4613.0609

11/14 *Register By:* 11/9 #4613.0610

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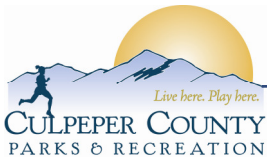
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www.CulpeperRecreation.com

**155 West Davis Street, Suite 100
Culpeper, Virginia 22701**

Phone: (540) 727-3412

Fax: (540) 727-2802



Fall Schedule



THE USES OF WILD PLANTS

Ages 16-adult, 1day
Come join in the fun and fascination of learning about wild plants and their traditional uses. Learn which plants can be eaten, used for tea, used for survival, taken for medicine, used for fiber, and more. We'll start by learning terminology and "how to's" associated with plant identification, collecting, and preparation for various uses. Then, let's take a nice, long walk in the field and identify plants, learn about them, and even try a few. When we're finished in the field enjoy some sumac tea while getting hands on experience extracting and twisting plant fiber to make cordage. We'll end the class by making a tulip poplar bark berry bucket to take home.

Instructor: Ron Hughes, Naturalist
Lenn Park, Stevensburg Road
Su 1:00p-5:00p \$29
9/26 *Register By:* 9/21 #4613.0362
10/10 *Register By:* 10/5 #4613.0363

OBSERVATION AND AWARENESS
OF NATURE



Ages 16-adult, 1day
Got nature? Come, immerse yourself in nature and enjoy it to the fullest. Learn skills that will heighten your senses to better observe nature and enjoy your surroundings. Learn how to slow down and sharpen your vision, hearing, smell, touch, and even taste, through simple and unique exercises! My exercises are designed to enhance your hearing, vision, touch, smell, and even taste. In the end, we'll pull it all together and enjoy nature with sharper senses. Come and give it a try — your perception of nature will never be the same again! This slow-paced class will take place outdoors on an easy trail.

Instructor: Ron Hughes, Naturalist
Spilman Park, 3543 Colvin Road, Jeffersonton
Su 1:00p-4:00p \$25
9/19 *Register By:* 9/14 #4613.0360
10/17 *Register By:* 10/12 #4613.0361



BABY SIGNING TIME!

Ages birth-3yr, 4wks
Bright Start Signing presents Baby Signing Time! Signing Time classes are a fun and engaging way to spend time with your child while giving you both a way to communicate with each other. Based on the award-winning PBS series, these classes teach American Sign Language to your child through music, pictures and silly songs. Each session teaches 25+ signs for everyday signing such as mealtime, playtime, on-the-go, and family. These signs allow babies to share their world and jumpstarts their intellectual development. A Signing Time DVD, Sing-A-Long CD and 1 set of flash cards is included in class.

Instructor: Denise Appleby, Bright Start Signing
Tuesday: The Depot, 113 S. Commerce St.
Thursday: Yowell Elem. School
\$90 Fee is for one adult/one child. Additional adult or adult/child pair is \$10.00.

Signs for mealtime, potty time, pets, and family.
(no class 10/5 or 10/7) *Register By:* 9/8; 9/17
Tu 9/14-10/12 10:00a-11:00a #4613.0605
Th 9/23-10/21 6:00p-7:00p #4613.0606

Signs for getting dressed, playtime, on-the-go, nice words, and bedtime.
Register By: 10/13; 10/22
Tu 10/19-11/9 10:00a-11:00a #4613.0607
Th 10/28-11/18 6:00p-7:00p #4613.0608



MATH MANIA FOR HOMESCHOOLERS.

Ages 10-17
Are you having math anxiety about your home school student's math? Join us for Math Mania! Sign up for 9 classes and get the 10th of your choice free! In this workshop, home school students will receive detailed individual help in a group setting to make math understandable, practical, and fun. Students should come prepared with text books, assignments, calculator (TI 83 for high school students), pencils, and paper! Instructor has fifteen years experience tutoring math, SAT preparation, and the sciences and loves proving to students that math is fun and simple! *Instructor:* Wormack Productions & Creations
Community Room, 303 N. Main
Register By: Wed before Class
M \$18 per class
10-12yrs 12:30p-1:30p;
12-17yrs 1:45p-3:45p

9/20	#4513.0640	11/15	#4513.0646
9/27	#4513.0641	11/29	#4513.0647
10/4	#4513.0642	12/6	#4513.0648
10/18	#4513.0643	12/13	#4513.0649
10/25	#4513.0644	12/20	#4513.0650
11/8	#4513.0645	1/10	#4513.0651

ROBOTICS CLUB

Ages 8-10 yrs,
Robot builders design and compete with robotic modular systems. Your young scientists will conduct earth science experiments with kitchen chemistry. Students should bring a labeled water bottle, snack, and wear sneakers. Sign up for just one day, or for all offered, it's up to you. Choose the option of using robots provided by the instructors during class (available on first come, first served basis) or purchase your own "Robotics and Things workshop robot" from the instructor (\$40 at class payable to the instructor).
Instructor: Wormack Productions & Creations
Yowell Elem. School

Registration is EASY!!!

see page 24 - 25

Fall Schedule



Register By: Wed before class
M 4:00p–5:00p \$12 per class

9/20 #4513.0628	11/15 #4513.0634
9/27 #4513.0629	11/29 #4513.0635
10/4 #4513.0630	12/6 #4513.0636
10/18 #4513.0631	12/13 #4513.0637
10/25 #4513.0632	12/20 #4513.0638
11/8 #4513.0633	1/10 #4513.0639

PAWS & HOOFS

JUST FOR FUN!



Ages 6 months & up, 8wks

Prerequisite: Must have previous dog obedience class or placement by instructor.

Ready to have some fun with your dog? Come on out to this NEW class where you and your dog will discover the fun and exciting dog sports of Agility, Tracking, Obedience, and Rally.

Instructor: Betty Ann Howell
17065 Wayland Road, Culpeper

Register By: 9/14 #4614.0580

M 9/20-11/8 6:00p-7:00p \$95



CANINE BUILDING BLOCKS

Dog Ages 3 months & up, 4wks

Not sure if your furry companion is ready to start obedience training? Is your dog uncertain or uncomfortable around other dogs or new people? This 4-week session is an opportunity to expose your dog to a more informal classroom environment. Emphasis will be on strengthening the human/canine bond, confidence building fun exercises, and socialization.

Instructor: Margot French
Community Room, 303 N. Main St.

Register By: 9/15 #4614.0577

Tu 9/21-10/12 10:00a-11:00a \$55

S.T.A.R. PUPPY KINDERGARTEN

Ages: Puppies 3-12 months; 8wks
Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training using positive reinforcement. This class incorporates the AKC's S.T.A.R. Puppy certificate program. (more class details are online)

Instructor: Betty Ann Howell

Community Room, 303 N. Main

Tu 9/21-11/9 \$95 Register by: 9/15

11:15a-12:15 p #4614.0579

6:00p-7:00p #4614.0166



BEGINNING MANNERS I

Ages: Dogs 5 months & up, 8wks

Bring Fido out to this class where he/she will learn basic commands and enjoy socializing with other dogs. Any dog, whether they're 5 months or 5 years, can attend.

Instructor: Margot French

Community Room, 303 N. Main

Register By: 9/15; 9/21

\$95

Tu 9/21-11/9 7:15p-8:15p #4614.0168

Sa 9/25-11/13 3:00p-4:00p #4614.0245

BEGINNING MANNERS II

Ages: Dogs 4 months & up, 8 wks

Prerequisite: Must have previous dog obedience class or placement by instructor.

Now that your wonderful bundle of fur knows the basics of obedience: sit, stay, and come; it's time to work on encouraging him to listen to your commands every time.

Instructor: Betty Ann Howell

Community Room, 303 N. Main

Register By: 9/15 #4614.0578

Tu 9/21-11/9 12:30p-1:30p \$95

CANINE GOOD CITIZEN

Ages: Dogs 6 months & up; 8 wks

Prerequisite: Must have previous dog obedience class or placement by instructor.

For the dog that already has a solid foundation of the basic commands (sit, stay, down & come), this class will help your dog become a "Canine Good Citizen." Started in 1989 by the American Kennel Club, CGC is a certification program that is designed to reward dogs (mixed or pure bred) who have good manners at home and in the community. Not only does continuing to train your dog increase your bond, but it also produces a well-behaved and social dog. The CGC is also a first step in pet therapy.

Instructor: Margot French

Community Room, 303 N. Main

Register By: 9/21 #4614.0589

Sa 9/25-11/13 4:15p-5:15p \$95

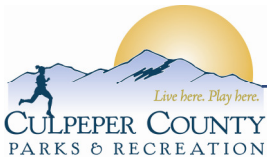
DOG OBEDIENCE DISCOUNTS

- Seniors - 55 & up - 10% discount
- Returning Students—10% discount
- Adopted Dogs - 20% discount - must provide copy of adoption contract (discount available in person only)

* Only one discount per dog per family.

Above discounts only apply to classes taught by Betty Ann Howell or Margot French.

-register for a class at Wash & Wag and receive a coupon for a free bath.



Fall Schedule

OUT & ABOUT

Ages: Dogs 6 months & up, 8wks
Prerequisite: Must have previous dog obedience class or placement by instructor.
Does your furry four-legged companion need to work on his/her social skills? This class will introduce your dog to different sights, sounds, people, and places, all while re-enforcing positive behavior. First class will meet at the Community Room, each additional week will meet at various locations around town.
Instructor: Betty Ann Howell
Community Room, 303 N. Main
Register By: 9/17 #4614.0191
Th 9/23-11/11 6:00p-7:00p \$95

Are you interested in a dog obedience class but don't see what you're looking for? Well, give us a call or drop a quick e-mail with your suggestion. We are always looking to add new classes and need your input to provide the best schedule of activities.

LOOSE LEASH WALKING & RECALL

Dogs Ages 6 months & up, 5wks
Pre-requisite: Basic obedience
This class will focus on loose leash walking and addressing issues while walking your dog in public, in addition to developing positive, fun and reliable recalls (come) with your dog. Two weeks will be spent on each behavior, with the last week meeting at the park to incorporate both walking and recalling your dog. Each dog registered will also receive a coupon for a free bath at Wash & Wag. (no class 11/24)
Instructor: Wash and Wag of Culpeper
217 Southgate Shopping Center
Register By: 9/8; 10/21
6:00p-7:00p \$65
Tu 9/14-10/12 #4614.0489
W 10/27-12/1 #4614.0490

DOG TRICKS

Dogs ages 6 months & up, 4wks
Pre-requisite: Basic obedience class or a SOLID foundation of the SIT, SIT/STAY, DOWN and DOWN/STAY.
Come in and have some fun with your dog and build on the reliability and control of the sit, stay and down commands. All tricks are detailed step-by-step in the class book. While in class you will learn to teach your dog: The Shake, Wave, High Five, Bow, Play Dead, Roll Over, Spin, Crawl, Speak, a n d Kiss Me. Each dog registered will also receive a coupon for a free bath at Wash & Wag.
Instructor: Wash and Wag of Culpeper
217 Southgate Shopping Center
Register By: 9/10; 10/20
Th 9/16-10/7 7:00p-8:00p \$55 #4614.0486
Tu 10/26-11/16 6:00p-7:00p \$55 #4614.0487



THE 3-Ds

Dogs 6 months & up, 3 weeks
Pre-requisite: Basic obedience
The 3-Ds are Duration, Distractions and Distance. This class will focus on learning how to build your dog's reliability of their sit-stays and down-stays. This is a great class before going on to the next level of obedience. In class you will learn how to shape your dog's sit & down-stays first with adding duration to their sit & down-stays, then how to add in distractions and finally how to introduce distance to the behavior. Learning this step will help build reliability and consistency to your dog's behaviors. Each dog registered will also receive a coupon for a free bath at Wash & Wag.
Instructor: Wash and Wag of Culpeper
217 Southgate Shopping Center
Register By: 10/8; 11/19
Th 10/14-10/28 7:00p-8:00p \$45 #4614.0484
Tu 11/30-12/14 6:00p-7:00p \$45 #4614.0485

ALL HORSEBACK RIDING LESSONS:

All participants must wear hard sole shoes with a heel. Helmets will be provided and are required.

PONY RIDING I

Ages 4-6, 6wks
Students will learn basic position and commands. Emphasis is on building confidence and skills on horseback at the walk. Students will learn to walk, halt, and steer. Adult must lead horse & child around riding ring while child receives instruction. Only 5 students accepted.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 9/14
Sa 9/18-10/23 \$104
9:30-10:00a #4614.0379
10:15-10:45a #4614.0380

PONY RIDING II

Ages 4-6, 6wks
Prerequisite: Pony Riding I at Ironwood Farm
Emphasis is on refining skills on horseback at the walk and trot. Parent or other adult must lead horse & child around riding ring while child receives instruction.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 9/14 #4614.0381
Sa 9/18-10/23 11:00a-11:30p \$104



Fall Schedule



BEGINNING HORSEBACK RIDING

Ages 7-12, 6wks
Students will learn to ride a horse independently at the walk and begin to trot, also to post and ride in 2-point position. Basic position and commands will be emphasized through fun drills and games on horseback. (Ages 13+ please contact us if interested. If enough interest, a class will be opened)
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 9/14
Sa 9/18-10/23 \$140
1:00-1:45p #4614.0382
2:00-2:45p #4614.0383

INTRO TO RIDING FUNDAMENTALS I

NEW! Ages 6-Adults, 5wks
Adults and kids will learn proper horse care through activities on the ground as well as the fundamentals & techniques on horseback. Students will get to participate in a fun horse show at the end of the session. 10% off second person from the same household in the same class.
Instructor: Magnolia Equestrian Center, 20420 Germanna Hwy, Stevensburg, Va
Register By: 9/9
W 9/15-10/13 4:30p-5:30p \$100 #4614.0609
Sa 9/18-10/16 9:30a-10:30a \$100 #4614.0610

INTRO TO RIDING FUNDAMENTALS II

NEW! Ages 8-Adults, 5wks
Students must have at least one-year riding experience. Students will take the basics they have come to master in the first intro course, or previous riding experience. Fun, relaxed atmosphere will allow students to excel at their own pace! 10% off second person from the same household.
Instructor: Magnolia Equestrian Center, 20420 Germanna Hwy, Stevensburg, Va
Register By: 9/13 #4614.0611
F 9/17-10/15 4:30p-5:30p \$100

PRESCHOOL

PRESCHOOL GYMNASTICS

Ages 4-5, 6wks
Does your little one have way too much energy? Bring them out to Woods Gymnastics and let them have a constructive outlet for that energy and learn the basics of gymnastics at the same time.
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood.
Register by: 9/28 #4615.0349
Sa 10/2-11/6 9:00a-9:45a \$55

MY FIRST BALLET

Ages 4-5, 6wks
For all the budding ballerinas out there, come on out and learn the basic positions and steps to becoming a real ballerina. Ballet shoes optional. No class 11/25
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood.
Register By: 9/10; 10/29
Th 5:00p-5:30p \$45
9/16-10/21 #4615.0348
11/4-12/16 #4615.0612



TINY TAPPERS

Ages 4-5, 6wks
Come on out, and let's make some noise! Bring your little one out to learn the basic steps of tap dance. Tap shoes optional. No class 11/25
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood.
Register by: 9/10; 10/29
Th 5:30p-6:00p \$45
9/16-10/21 #4615.0347
11/4-12/16 #4615.0613

KIDS CLUB:
EXPLORE EARTH!

Ages. 15months-5.5 yrs.
Parent's day out program! Sign up for one or all, it's up to you. Sign up for 10 classes get the 11th of your choice FREE. Your child will dance, play, and craft as they explore Earth and our environment. Children must wear sneakers & play clothes, bring a labeled water bottle and lunch/heavy snack. Parents you can stay or drop off your little one. **Sign up for 10 classes get the 11th of your choice FREE.**
Instructor: Wormack Productions & Creations
Community Room, 303 N. Main
Register By: Wed before class
M 9:30a-12:30p \$20 per class



- 9/20 Our Big Blue Ball. #4615.0615
- 9/27 Go with Gravity. #4615.0616
- 10/4 Bottom of the Sea #4615.0617
- 10/18 Here's the Wind! #4615.0618
- 10/25 Animal Parade. #4615.0619
- 11/1 Reduce and Reuse Ruckus. #4615.0620
- 11/8 Perfect Plants. #4615.0621
- 11/15 What's the Weather. #4615.0622
- 11/29 O is for Ocean. #4615.0623
- 12/6 I Love my Family! #4615.0624
- 12/13 To Grandmother's House. #4615.0625
- 12/20 Little Elves Holiday Party! #4615.0626
- 1/10 Snow Dogs. #4615.0627



Fall Schedule

RHYTHM & STRINGS

BEGINNING GUITAR PART A

Ages 11-adult, 7wks

This class will teach you the basic strumming techniques and chords to get you started playing. Must have your own guitar; if using an electric guitar, must bring an amplifier. Sign up early as space is limited! No class 11/2

Instructor: Darcy Canton

Floyd T. Binns M.S.

Register By: 9/22 #4616.0242

Tu 9/28-11/16 6:45p-8:30p \$59



BEGINNING GUITAR PART B

Ages 11-adult, 7wks

Prerequisite: Beginning Guitar w/ Darcy Canton
This class will continue where you left off, practicing rhythms, chording, basic guitar techniques, transposing music, and expanding music theory. Must have your own guitar; if using an electric guitar, must bring an amplifier. Sign up early as space is limited! No class 11/2

Instructor: Darcy Canton

Floyd T. Binns M.S.

Register by: 9/22 #4616.0243

Tu 9/28-11/16 5:00-6:30p \$59

SENIORS

INTERESTED IN BECOMING A SILVER CLUB MEMBER?

The Club meets every Wednesday from 10:00am – 2:00pm

Location: Culpeper County Library Meeting Room

Fee: \$9 per year

Ages: 55 & up (Must be a Culpeper Resident)

Join us for Culpeper County Parks and Recreation's largest and most entertaining program. Every Wednesday join fellow active adults and senior citizens at a weekly meeting. Enjoy a covered-dish lunch and participate in activities like bingo, speakers, trips, holiday parties, crafts and other projects.

SPECIAL EVENTS

NFL PUNT PASS & KICK

Ages 8-15 (as of 12/31/10), 1 day

Registration deadline Aug 25!!!

Culpeper County Parks & Recreation along with Culpeper Football Association will be hosting this year's Punt Pass & Kick competition. The NFL Punt, Pass & Kick program is a national football skills competition for girls and boys who, in four separate age divisions (8-9, 10-11, 12-13, and 14-15), will compete in punting, passing and place kicking in a fun and engaging forum. **This event is FREE.** A PHOTO-COPY of participant's birth certificate MUST be brought to the event (this is your admission ticket). **Registration will not be done the day of the event.** Use the PPK Registration Form.

PPK Registration Form will be available in the P&R office & online or mail a self-addressed stamped envelope to the Parks and Recreation Office, Attn: PPK to receive a form by mail. Register in person, by mail, fax, or phone. Online registration is not available for this event.

REGISTRATIONS WILL NOT BE PROCESSED AT THE EVENT.

Culpeper Community Complex, Field #9

Register By: 8/25 #4518.0614

Sa 8/28 11:00am FREE

CULPEPER CYCLING CENTURY

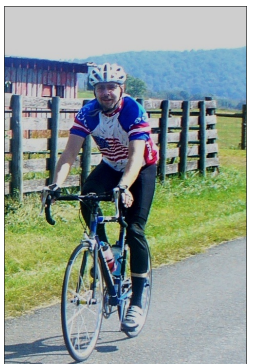
Come on out for the 3rd Annual Culpeper Cycling Century (CCC) on Saturday, October 2nd! This bike ride is fast becoming a tradition boasting great scenic beauty and paved road riding in Culpeper County in the most colorful season -

Fall! Choose from 35, 65, or 104 miles. Rest stops are provided along the way. Register by Sept. 10 to receive a long sleeve event t-shirt. Anyone under 16 must be accompanied by an adult at all times. Register online. If registering by paper - Please use special CCC registration form available online, in the P&R office or by mailing a self-addressed stamped envelope to the Parks and Recreation Office, Attn: CCC to receive a form by mail. (address on page 16)

Location: The Bike Stop, 120 W. Culpeper St.

Sa 10/2 9:00a

\$45 by 9/10; \$55 9/11 thru 10/2 #4518.0526



2010 TRI-COUNTY TRACK & FIELD MEET

Culpeper Co. Parks & Recreation will again be sponsoring the Culpeper/Madison/Orange family track & field meet. Saturday, 9/25 at Eastern View H.S. starting at 8:30am. Open to ages 4-79 yrs. Registration is just \$1 per event. Registration form available in P&R office.

Questions contact: Bob Reid 540-948-4026

Registration is EASY!!!

see page 24 - 25

Fall Schedule



SPORTS

GYMNASTICS

Ages 6-12, 6wks
This class is for anyone with or without experience and will teach you the basics of gymnastics from the floor, to the balance beam and bars.
Instructor: Woods Gymnastics
Location: 13409 Beverly Ford Rd, Elkwood.
Register by: 9/28
Sa 10/2-11/6 \$55
Ages 6-8 10:00a-11:00a #4619.0255
Ages 9-12 11:00a-12:00n #4619.0256

GYMNASTICS FOR HOMESCHOOLERS

Ages 6-14, 6wks
Whether your child has always wanted to learn or already has some experience, this is the class for them. Come on out to Woods Gymnastics and learn to tumble, use the balance beam, and more. Space is limited, so sign up early! (No class 11/25)
Instructor: Woods Gymnastics
13409 Beverly Ford Rd, Elkwood
Th 2:45-3:45p \$55
9/16-10/21 #4619.0253 *Register By:* 9/10
10/28-12/9 #4619.0254 *Register By:* 10/22

TEEN BASKETBALL

Ages 16-19, 10wks
Teen basketball night – let’s burn off some energy and have fun. Pre-registration is required. Space is limited so register early. No games 11/24.
Volunteer Coordinator: Tim Curtis
Yowell Elementary School, Gym
Register By: 10/7 #4519.0346
Th 10/7-12/16 7:00p-9:00p \$20



30+ MEN’S BASKETBALL

Ages 30+, 10wks
Come on out guys and have some fun playing basketball. Pre-registration is required. Space is limited so register early. No games 11/24.
Yowell Elementary School, Gym
Register By: 10/7 #4519.0345
W 10/13-12/22 7:00p-9:00p \$30

30+ CO-ED INDOOR SOCCER

Ages 30+, 8wks
Hey guys, just because it’s getting dark earlier doesn’t mean you have to quit playing soccer for the winter. Let’s just go inside. Full payment is due BEFORE the first night of play. Only 23 registrations will be accepted. No games 11/28 or 12/26.
Volunteer Coordinator: Anthony Hudson
Location: TBA—check online
Register By: 11/9 #4519.0216
Su 11/14-1/16 5:30p-7:30p \$40

KICKBOXING

Ages 18 yrs - Adult, 4wks
Do you need to work off the stress from commuting and the job? Consider spending an hour kickboxing! We'll concentrate on learning and perfecting the kicks and punches, while putting the moves together for a great aerobic workout.
Instructor: Remi Godlewski
Community Room, 303 N. Main
W 4:45p-5:45p \$35
9/15-10/6 *Register By:* 9/9 #4519.0364
10/20-11/10 *Register By:* 10/14 #4519.0365
12/1-12/22 *Register By:* 11/18 #4519.0366

SHOTOKAN KARATE

Ages 6-adult, 4wks
This is an intro class to the basics of one of the most popular martial arts, with emphasis on safety and personal development. Ages 6-17 must be accompanied by a registered adult.
Instructor: Remi Godlewski
Community Room, 303 N. Main

W 6:00p-7:00p \$35
9/15-10/6 *Register By:* 9/9 #4619.0367
10/20-11/10 *Register By:* 10/14 #4619.0368
12/1-12/22 *Register By:* 11/18 #4619.0369

TRIPS

POTOMAC EAGLE TRAIN TRIP

All Ages, Under 18 w/ Adult, 1 day
The day starts off boarding a charter bus at the Culpeper Sports Complex. Once on board, you’ll travel to Romney, West Virginia, where you’ll then board the Potomac Eagle Train. The historic Potomac Eagle Scenic Railroad is one of America's most beautiful train rides.

For three hours enjoy a narrated excursion through a tranquil and pristine mountain valley. View historic farms and lush mountain greenery. The American Bald Eagle soars high above in their natural habitat, undisturbed by the low rumblings of the occasional train and the passengers who have come for a sighting. Bring your cameras for a great family outing. (Bald Eagle sightings are not guaranteed).

The on-board snack bar and concession car operate and serve you during all excursions. Passengers may also bring their own picnic lunch or purchase a box lunch. (No alcoholic beverages are permitted on the train. No smoking or pets allowed on the train.)

Optional: Purchase a box lunch.
Lunch will include: 2 sandwiches (1- turkey & cheese, 1- ham & cheese) Chips, Apple Sauce, 2 cookies and a drink. Only \$14.50 per lunch.

Pick up / Drop off Location: Culpeper Sport Complex, Jonas Rd / Greens Corner Rd
Register By: 9/3 #3721.0581

Sa 10/16 6:30a-5:30p (return time approx.)
Ages 16 & up - \$90.00
Ages 6 - 15 yrs - \$69.00
Ages 5 & under - \$45.00

5 EASY WAYS TO REGISTER!



By Phone

- Once you set up your ActiveNet customer account, call 540-727-3412 and select either extension 4 or 5. Payment must be made by credit card to register over the phone. ActiveNet customer accounts can also be set up via phone.



By Fax

- Once you set up your ActiveNet customer account, simply complete the registration form and payment information (credit cards only) and fax to 540-727-2802.



Online

- Go to www.CulpeperRecreation.com, then click "Programs & Online Registration." Set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).
Cash /Check/ Credit Card



By Mail

- Set up your ActiveNet Account online or include the set up form on page 24 with a completed registration form and payment,
- Mail to **155 W. Davis Street, Suite 100, Culpeper, Virginia 22701.**
- Confirmations are done via email. Otherwise, please include a self-addressed, stamped envelope, if **you require** a confirmation.

Registration Information

ActiveNet

- ActiveNet is the new recreation software the Department has obtained to process registrations, provide online registration, and accept credit card payments.
- To begin using this system each household must have an account set up in order to register for any Department activities. Please complete the "ActiveNet Customer Account Form" on page 24 and fax or mail it to the department. You can also set up your account online. This form only has to be completed once.
- Registrations cannot be processed until the "ActiveNet Customer Account Form" has been received and processed by the Department, or you have set up your account online.

Registrations:

- **Online registration begins on Friday, August 20. All other registration methods will begin on Monday, August 23, 2010.**
- Full payment must accompany registration in the form of credit card, cash, checks, or money order payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first-come, first-served basis. Anyone can participate regardless of County of residence.

Register By:

- The register by date is when the Department has to have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the activity is full. However, if minimum is not met by this date, the activity will not be held.

Adjustments

- Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any necessary adjustments. The staff apologizes for any inconvenience these errors or adjustments may cause.

Refunds:

- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified **before** the start of the second class.
- If a participant withdraws from a program after the start of the second class, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full, prior to the registration deadline. After the registration deadline, refunds less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.
- A refund check is mailed to the address on file and it may take up to 45 days to be received.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: 92.5 FM, 95.9 FM, 103.1 FM, 104.5 FM, & 107.7 FM, visit www.cancellations.com, or call our office at 540-727-3412 and select option 1.

Registration is EASY!!!

see page 24 - 25



Fall Schedule

Culpeper Recreation Foundation Fundraiser

To be held on Friday, September 17 4pm to 8pm at Fun N Beyond located behind Martin's and beside Montanus Self Storage. The event fee will be \$7.00 for several types of moon bounce inflatables.

A LOOK BACK AND THEN FORWARD

Let's take a look at how the Parks and Recreation Department impacted the community during the budget year 2010.

- The Culpeper Cycling Century doubled in participation from the previous year;
- A partnership forged between the Parks and Recreation Department and the Culpeper Recreation Club provided community residents with a full array of scheduled swimming lessons that hasn't been offered in more than five years;
- The Parks and Recreation Department introduced a new special event "The Wicked Bottom 5K and 1 Mile Fun Run" through partnership with Old House Vineyards and connecting the Old House property with Lenn Park to make a good route;
- The Culpeper Sports Complex played host as this year's site for the District 14 Little League All-Stars tournament;
- The Culpeper Model Barnstormers opened Lenn Park officially with a grand opening for the County's first radio controlled model airplane flying site. The airfield is now open for use;
- A safety surface was added at Spilman Park's preschool playground.

For budget year 2011, the Parks and Recreation Department is looking forward to completing several potential initiatives. With the continued support of the community, the Department looks forward to completing the entire list below.

- Construction of two new adult size softball fields at Lenn Park;
- Complete the final stage of the therapeutic garden at the Culpeper Sports Complex by black topping the walkway;
- Build at least one restroom/concession stand at the Culpeper Sports Complex;
- Partner with a local business to develop a fund

raiser to build a second restroom/concession stand at the Complex;

- Create a 55 and over fall softball program;
- Assist in providing a youth soccer tournament;
- Acquire a strip of land on the southern portion of Lenn Park for future development of a hiking trail;
- Prune trees and weed approximately one-mile of trail system in Lenn Park.

Despite the challenges imposed by the economy, the mission of the Parks and Recreation staff is to continue the level of service that citizens have enjoyed over the past years. To do this, the Department has relied on volunteers and without their help the achievements listed for budget year 2010 would not have been feasible.

VOLUNTEERISM – IS IT YOUR TIME?

One way to give back to the community is by volunteering. Parks and recreation departments are always seeking volunteers. Because of the variety of activities parks and recreation offers the community, volunteering your time can range from less than an hour to many hours over many years.

For instance, Culpeper County Parks and Recreation staff provides two large special events a year that require the support of between 6 and about 30 volunteers. The time invested in these two events varies from 4 to 8 hours for the day.

In comparison, take a group of volunteer gardeners. This group will weed and replace flowers and plants at specific spots in and around the County. The number of helpers varies and time invested will be several hours a day, but will continue periodically throughout the course of a year. The maintenance of the garden will require hours of work for all the years the flower and plant beds exist.

Volunteers with a variety of skill sets are needed. A Parks and Recreation future undertaking will require specific skill sets in construction to build a restroom/concession stand at the Culpeper Sport Complex. Volunteers of all types will invest numerous hours on this job which may take several months to complete and will last for many years.. Once built, the facility will need another group of volunteers to manage the building for day-to-day

use.

A facility such as the radio controlled model airplane strip at Lenn Park took many months and volunteer hours of labor to bring to fruition. Although the air site is usable, many additional volunteer hours will be needed for total completion. Once done, the facility will need to be maintained.

The most common reason for not volunteering is a lack of time. Think of it this way. When you schedule time from your daily routine and devote either one hour or dedicate a lifetime to volunteering, you make your life and that of others, a little better. It's your time. Give us a call if you would like to come out and join us to create or maintain a facility or help with an event. We can find something you will enjoy doing! **540-727-3412**

THE LEISURE TIMES REC. GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department. For questions contact the person listed.

YOUTH SPORTS:

Culpeper Football Association -
Chris Settle - 540-222-8060
Culpeper Youth Basketball -
Greg Ward - 540-547-9188
Summer Youth Basketball
Terry Hoffman - 540-522-6359
Culpeper Youth Baseball -
Debbie McIlwee - 540-829-0988
Rappahannock Culpeper Baseball -
Amy Hitt - 540-937-7900
Culpeper Lacrosse Association Foundation -
Matt Verardo - 540-937-4766
Culpeper Soccer Association –
www.culpepersoccer.net
Culpeper Wrestling Federation
Mark Hamilton - 540-547-2696

ADULT SPORTS:

Adult Soccer
www.culpepersoccer.net
Adult Co-Ed Softball
Robbie Patton - 540-825-9706

Check the Parks & Rec. website for other organizations.